APRIL 2022 VOLUME 1, ISSUE 2

THE BRIDGE

A monthly newsletter connecting CSUN public health students, faculty, alumni, and communities

Written by Anthony Avalos & Samantha Welton

A Message from the Interim Public Health Program Director

The launch of our program newsletter was a tremendous success and we would like to thank you for your feedback and support. In this issue, we will feature alumni and student highlights, recent faculty successes, and much more.

It is so nice to see students enjoying what our university has to offer now that we are back on-campus. We are also looking forward to celebrating the first in-person commencement since 2019!

STEPHANIE BENJAMIN, PHD, MPH

Newsletter Highlights

Program Message and Updates

Spotlight Central

This Is Public Health

Upcoming News and Events

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SPOTLIGHT CENTRAL

If you would like to nominate someone for our monthly spotlights, submit **our content form**!

FACULTY SPOTLIGHTS

Dr. Kacie Blackman

Dr. Kacie Blackman: Assistant Professor in the Department of Health Sciences, Public Health Program, and her team of MPH students Detrich Galloway (BSPH, 2021) and Wyconda Cotton-Curtis (BSPH, 2020) attended the Annual Meeting for the Society of Behavioral Medicine to present their research on Determining Differences Between Quality of Care via Virtual or In-Person Among Doulas/Birth Workers During COVID-19. Their findings revealed that COVID-19 hospital restrictions interfered with doula support quality of care provided to people at great risk for poor outcomes.

If you would like more information on this research, please contact Dr. Blackman at kacie.blackman@csun.edu.

Left to right: Kalila Houston, Wyconda Cotton-Curtis, Detrich Galloway, Dr. Kacie Blackman

Dr. Suzi Spear

Dr. Suzi Spear and her team of 25 BSPH and MPH CSUN students completed the Systematic Observation of Mask Adherence and Distancing (SOMAD) report, a multi-city study that tracked mask and social distance compliance. The team's work was conducted within the San Fernando Valley and the report, which was prepared by the MPH students, was shared with the Los Angeles County Department of Public Health. Results from the report were presented to the Los Angeles County Department of Public Health.

Want to know more about the report? Read it now!

Dr. Carla Valdez

Dr. Carla Valdez recently attended the SOPHE 2022 Digital Annual Conference and presented her research in a poster session on Reproductive and Academic Goals of Community College Students. At the same conference, the 3rd edition of Health Promotion Programs: From Theory to Practice was presented and Dr. Valdez was highlighted as a contributing author. In 2021, she was elected to the NCHEC Division Board for the Certification of Health Education Specialists (DBCHES) and in January 2022 she began a 5-year term. DBCHES is responsible for review and evaluation of the certification and examination processes, recommends policies and procedures for administering the CHES and MCHES exams, and ensures competency testing meets acceptable standards.

SPOTLIGHT CENTRAL

MPH STUDENT SPOTLIGHTS: Part II

Many MPH (Applied Epidemiology) students presented their research at conferences in the last few months. The Bridge is excited to share Part II of their highlights and experiences! Listed below are a few students who presented their findings. Congratulations on their well-deserved success!

Kimberly Felix

Conferences: American Psychosomatic Society, CSUNposium, and American Diabetes Association

"It was an honor presenting at both the 79th Annual American Psychosomatic Society meeting and the 26th Annual CSUNposium. At both conferences, I presented my master's thesis, "Association between Perceived Stress and Morning Serum Cortisol with Glucose Metabolism among Overweight Minority Youth." I am grateful for the support and guidance of my mentor, Dr. Claudia Toledo-Corral, and the Metabolism and Stress Assessment Lab. My findings highlight the role of biologic stress, via the hypothalamic pituitary dysfunction, on type 2 diabetes risk factors in minority youth. I enjoyed being able to network with professionals from a variety of fields but also contribute to greater scientific research. I hope to continue to seek opportunities to use my voice for underrepresented groups that are marginalized due to ethnic disparities."

Jean Spielman

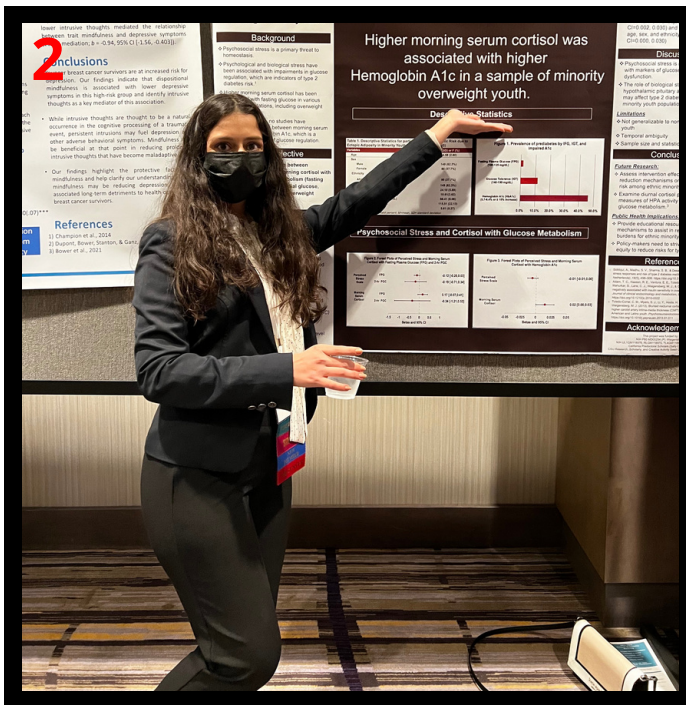
Conference: Society of Behavioral Medicine and CSUNposium

"I attended the conference for the Society of Behavioral Medicine in Baltimore, Maryland from April 6-9. I presented my thesis project at a poster session which was nerve-racking at first but ended up being really fun! My favorite part of the conference was attending the paper presentations on Ecological Momentary Assessment, which is an area of research I have been interested in learning more about."

Spencer Tinoco

Conference: Society of Behavioral Medicine

"Attending the 2022 Society of Behavioral Medicine conference was an experience that I will never forget. I would recommend this experience to all students. I had an amazing time!"


2
Higher morning serum cortisol was associated with higher Hemoglobin A1c in a sample of minority overweight youth.
Psychosocial Stress and Cortisol with Glucose Metabolism
References

CSUN faculty and students presented their research at several conferences. Special thanks to Dr. Kacie Blackman, Kimberly Felix, and Spencer Tinoco for sharing these photos.

Photo #1: 1st row (Left to right): Detrich Galloway, Wyconda Cotton-Curtis, Jean Spielman, Imelda Vianzon, Dr. Myriam Forster, Spencer Tinoco, and Dr. Kacie Blackman. 2nd row: Dr. Christopher Rogers

Photo #2: Kimberly Felix

Photo #3: Spencer Tinoco

SPOTLIGHT CENTRAL

AMANDA JAMARILLO, CLASS OF 2022

UNDERGRAD SPOTLIGHT
Amanda Jaramillo

The Bridge is excited to highlight Amanda for her leadership role as an intern!

Amanda ensures all data collected from COVID-19 patients are accurate and cohesive. Amanda also leads her team with script and software updates! Interning at LA County strengthens her critical-thinking skills, gives her the confidence to ask questions and speak up in a workplace setting, as well as being able to adapt to work in a fast-paced environment. Amanda has a passion for statistics and also tutors at the Learning Resource Center and aspires to obtain an MPH in Epidemiology.

"I am very proud that I will be a first-generation college graduate. My family means the world to me and without their support, I would not have been able to accomplish my goals."

UNDERGRAD UPDATE!
Jenzie Tamayo will attend the UCLA Public Health Scholars Training Program this summer!
Congratulations Jenzie!
HESO is Hosting Elections!
Build public health skills!
Implement initiatives that interest you!
On-site training with board members!
No experience necessary!
LEARN MORE
APPLY NOW
Shout out to our interns at LADPH!
They were recently highlighted in our CSUN Today publication!

SPOTLIGHT CENTRAL

ALUMNI SPOTLIGHT
Diane Estrada-Velasquez, MPH

The Bridge is excited to highlight Diane for her success at Dignity Health!

DIANE ESTRADA-VELASQUEZ, MPH

Diane received her undergraduate and graduate degrees at CSUN. While at CSUN, she was a recipient of the 2018-2019 CSUN Graduate Equity Fellowship, participated in the 2019 CSUNposium and was the 2019 MPH Speaker at the Department of Health Sciences Graduate Hooding ceremony!

Diane is currently a Program Manager for the Center for Healthier Communities at Dignity Health Northridge Hospital Medical Center (NHMC). Diane leads a 12-person multidisciplinary team and oversees a $2.5M budget across six grant-funded health programs that serve community members in both the San Fernando and Santa Clarita Valleys of L.A. County. Her day-to-day responsibilities include conducting needs assessments, developing and planning programs, implementation, and evaluation. She is also an active member of the Northridge Hospital Foundation's grant-writing team!

Her passion for public health is rooted in the solid foundation and education provided at CSUN as well as the connections she's maintained with professors! Congratulations on your success, Diane!

> Students should seek mentors and welcome feedback while in school, and throughout their career. Health information will always evolve, so we must continue to adapt and improve our knowledge and skills to keep up with the ever-changing landscape of public health!

ATTENTION CSUN ALUMNI!

YOUR CSUN STUDENT E-MAIL WILL EXPIRE SOON

FALL 2021 & PRIOR GRADUATES:
E-MAILS WILL EXPIRE ON 6/30/2022
UPCOMING GRADUATES:
E-MAILS WILL EXPIRE 6 MONTHS AFTER GRADUATION

The best way to stay connected is to join the Public Health Alumni chapter!

JOIN THE PUBLIC HEALTH ALUMNI CHAPTER

(NO MEMBERSHIP FEES)

2022 - July and August

6-week summer SAS workshop

Public Health SAS Summer 2022 Workshop

The 6-week summer SAS workshop is designed to introduce MPH students and alumni (MPH) to the basics of SAS coding and statistical concepts required for effective public health research using small and large datasets.

The seminar will be comprised of a lecture and in class assignments designed to build students' competencies and comfort with SAS, the preferred statistical software of the state of California and county of Los Angeles county public health departments. There are pre-requisites, please find the full description on csun.edu/alumni/chapter/publichealth for details.

DATES:
6 Saturdays, July 16 - Aug 20
Time :
1:00 p.m. - 3:45 p.m.
Location:
Option of attending in-person (on the CSUN campus) or virtually

Fees:
MPH Alumni $300
Public Health Practitioner (non-CSUN Alumni) $400
CSUN MPH Student $150

CSUN ALUMNI

SCAN ME

(818) 677-CSUN
alumni@csun.edu
csun.edu/alumni/events

CSUN.

THIS IS PUBLIC HEALTH

The Bridge will share recommended readings, podcasts, and job/internship opportunities every month, as suggested by your peers and public health professionals!
Click the underlined hyperlinks below to learn more!

WHAT WE READ IS INFLUENTIAL

Placing Racial Equity at the Center of Substance Use Research: Lessons from the HEALing Communities Study

Strain of pandemic harms mental health of public health workers: CDC survey reports high stress levels

Deconstructing "Normal" for a More Equitable Post–COVID-19 World

WHAT WE LISTEN TO IS INSPIRING

AJPH 4/2022: "What is Public Health? With Gov John Kasich"

The Public Health Consequences of Russia's Disinformation About Ukraine's Biosecure Labs

How Hospitals Can Help Prevent Gun Violence

WHAT WE WATCH IS MOTIVATIONAL

How are public health and chronic diseases connected? Episode 16 of "That's Public Health"

It's time to rethink public health | Shivani Patel | TEDxAtlanta

Public Health As An Urban Solution | Leana Wen | TEDxBaltimore

WHERE WE WORK MATTERS

Youth/Health Educator SUD Level I

Senior Youth/Health Educator Level I

Public Health Officer-Santa Clarita, CA

The Lead Community Health Associate

Public Health Influencer

WHERE WE INTERN, WE PREPARE

CSUN HERE Center Fall 2022 Intern

Health Equity Intern - Summer 2022

Cedars-Sinai's Community Benefit Program Student Intern (Paid)

Hello May

UPCOMING EVENTS

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

4	Undoing "Cool": Addressing Persistent Disparities in Tobacco Use and Cessation (Webinar)
9	Public Health for Women, By Women: A Round Table Discussion with the Female Leaders of HHS Region 6 (Webinar)
13	QPR Suicide Prevention Training Faculty and Staff (Webinar)
15	CSUN Marilyn Magaram Center Free Nutrition Counseling: Available for First Time Clients
17	APHL 2022 Annual Conference May 17-20
18	Engaging Men in Ending Gener-based Violence (Webinar)

23 Department of Health Sciences Graduate Hooding Ceremony 2 p.m.

College of Health and Human Development Commencement (Health Sciences) 6 p.m.

SAVE THE DATE

The 24th Annual SOPHE Advocacy Summit is on October 21-24, 2022! Scholarship applications to attend this summit are now open for full-time undergrad and graduate students.

If you would like more information about this opportunity, please contact Professor Jeffrey Goodman at jeffrey.goodman@csun.edu

SIGN UP FOR OUR NEWSLETTERS!

BUILDING BRIDGES

The Bridge is the official CSUN Public Health Program newsletter and the go-to resource to keep you informed and engaged with public health updates!

REAL, RELEVANT, & TAILORED NEWS

Useful, fun, and informative public health stories, highlights, updates, news, job opportunities, and much more every month!

SUBSCRIBE NOW

Click the link below to subscribe to our email list and get monthly access to our newsletters!

SIGN UP

GOT A STORY TO SHARE?

Let's stay informed! Feel free to contribute to The Bridge by filling out our content form so we all stay updated and connected!

SCAN TO ACCESS CONTENT FORM